8 WEEK

fat burning WEIGHT LOSS WORKOUT PLAN

week i

MONDAY

- 15 jump rope x3
- 8 goblet squats x3
- 8 kettlebell swings x3
- 8 lunges x3
- 10 jump rope x3
- 8 glute bridges x3
- 20 jump rope

TUESDAY

- 15 jump rope
- 8 push-ups x3
- 8 standing bicep curls x3
- 15 jump ropes x3
- 8 tricep dips x3
- 8 hammer curls x3
- 8 overhead
- shoulder press x3
- 20 jump rope x3

WEDNESDAY

- 20 Jump rope
- 10 slow mountain climbers
- . 10 Russian twists
- 30 jump rope
- 20-sec planks
- 20 jump rope
- 20-sec plank
 10 Russian twists
- 12 slow mountain climbers
- 30 jump rope

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THURSDAY

- 10 jump rope x3
- 6 goblet squats x3
 6 kettlebell swings x3
- 6 lunges x3
- 10 jump rope x3
- 6 glute bridges x3

FRIDAY

- 15 jump rope
- 6 push-ups x3
- 6 standing bicep curls x3
- 15 jump ropes x3
- 6 tricep dips x3
- 6 hammer curls x3
- 6 overhead shoulder press x3
- 10 jump rope x3

SATURDAY

Rest & recovery

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Stephen E. Langer, James F. Scheer

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